

Academic Skills Assessment

Instructions

How much confidence do you have about doing each of the behaviors listed below? Using the scale below, circle the numbers that best represent your confidence.

Very Little ← 1 2 3 4 5 → Quite A Lot

1. Taking well-organized notes during a lecture.

1 2 3 4 5

2. Listening carefully during a lecture on a difficult topic.

1 2 3 4 5

3. Studying enough to understand content thoroughly.

1 2 3 4 5

4. Attending class regularly.

1 2 3 4 5

5. Understanding most ideas presented in class.

1 2 3 4 5

6. Getting good grades.

1 2 3 4 5

7. Spreading out studying instead of cramming.

1 2 3 4 5

Reference: Owens & Froman. (1988). Development of a college self-efficacy scale. Paper presented at the Annual Meeting of the National Council on Measurement in Education, New Orleans.

Clinician Notes

ID:

Date:

Follow Up:

4-Week Follow Up

1.) 1 2 3 4 5

2.) 1 2 3 4 5

3.) 1 2 3 4 5

4.) 1 2 3 4 5

5.) 1 2 3 4 5

6.) 1 2 3 4 5

7.) 1 2 3 4 5